ALB7xe Lower Body Ascent Trainer®

MATRIX

FitTouch™ Technology

Our 38-cm / 15-inch, integrated LCD screen features FitTouch, an intuitive touchscreen interface that inspires users of all levels.

Vista Clear™ Television Technology

Our Vista Clear™ Television Technology delivers the most crisp and vibrant digital display available.

Nike + iPod

Nike + iPod® for the Gym

Nike + iPod® allows users to save their workouts to their iPod and post them to nikeplus.com.

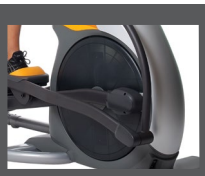
FEATURES	
Stride Length	51 - 61 cm / 20 - 24"
Incline Range	24% - 54% (15° range)
Step-on Height	24 cm / 9.5"
Contact & Telemetric HR	Yes
Footpad Insert Type	Yes - premium
Pedal Spacing	6.4 cm / 2.5"
Handlebar Type	Multi-position ergo-bend stationary
Remote Buttons	Yes

CONSOLE	
Display Type	38 cm / 15" touchscreen LCD
Display Feedback	Time, Distance (Kilometers or Miles), Calories, Calories per Hour, Speed, Incline, RPM, Heart Rate, METs, Watts, Dynamic Profile Display, Static Profile Display
User-defined Multi-language Display	Yes - English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Welsh, Turkish, Polish
Resistance Range	1-25
Workouts	Manual, Rolling Hills, Target HR, Interval Training, Constant Watts, Fat Burn, Fitness Test, Glute Training
CSAFE Ready-FitLinxx™ Certified	Yes
Netpulse Compatible	No
IPTV Compatible	No
FitTouch™ Technology	Yes
Instant On Technology	Yes
One-button Start	Yes
On-the-fly Program Change	Yes
Integrated Vista Clear™ Television Technology	Yes
FITCONNEXION™ Ready	No
WiFi	Yes
Multimedia Playback	No
iPod® Compatible	Yes
Nike + iPod® Compatible	Yes
Personal Fan	Yes
USB Port	Yes
Virtual Active™ Compatible	Yes
Asset Management Compatible	Yes
mPower Workout Tracking & Fitness Network Compatible	No
Web Connectivity	No
Facility Communication Portal/Calendar	No
Pause Function	Yes

RESISTANCE SYSTEM	
Resistance System	Brushless generator

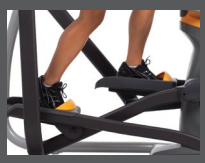
TECH SPECS	
Power Requirements	Self-powered / powered 100v-240v - 50/60Hz AC
Minimum Watts	4 powered / 57 self-powered
Minimum RPM	10 powered / 25 self-powered
Assembled Dimensions	178 x 74 x 174 cm / 70" x 29.2" x 68.5"
Max User Weight	182 kg / 400 lbs.
Assembled Weight	196.5 kg / 434 lbs.
Shipping Weight	219.6 kg / 485 lbs.

WARRANTY	
Frame	7 years
Generator	5 years
Parts & Labor	3 years CAP
Wear Items (iPod® Cable, USB Port, Headphone Jack, Battery)	90 days parts



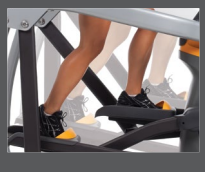
Removable Disk

All Matrix Ascent Trainer® and Suspension Elliptical™ models feature a removable disk for quick access and easy serviceability.



Variable Incline

Responsive incline adjustment and variable stride length make workouts on the Ascent more dynamic and motivational – engaging glutes, hamstrings and core stabilizer muscles.



Constant Rate of Acceleration

Constant Rate of Acceleration and our patented suspension design deliver a perpetually smooth motion, free of wheels and tracks.

"Made for iPod®" means that an electronic accessory has been designed to connect specifically to iPod® and has been certified by the developer to meet Apple performance standards.
Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards.
iPod® is a trademark of Apple Inc., registered in the U.S. and other countries.